

MOVE MBER

BINGO KAART

WEEK 1

ARMEN

WORKOUT 1

Kracht-
training
ARMEN

WORKOUT 2

Boksen

WORKOUT 3

Spielen

WEEK 2

BILLEN

WORKOUT 1

Kracht-
training
BILLEN

WORKOUT 2

Fit met Mark

WORKOUT 3

Your
Perfect
Body

WEEK 3

CORE

WORKOUT 1

Kracht-
training
CORE

WORKOUT 2

Pilates

WORKOUT 3

Core 15

WEEK 4

BENEN

WORKOUT 1

Kracht-
training
BENEN

WORKOUT 2

Fiesta Fit

WORKOUT 3

In Shape